

July 1, 2021

Dear AUSD Families,

Welcome to the 2021-2022 school year! AUSD's Food and Nutrition Services Department (FANS) has spent this summer preparing for your return and look forward to providing well-prepared, good-tasting food for your students.

This year, FANS pledges to continue to offer meals that provide a variety of protein choices and grains, fresh fruits and vegetables, and milk and that are as tasty as possible so students get the nutrition they need to succeed at school. Those meals will also meet the federal government's strict nutrition standards, including:



Age-appropriate calorie limits;

- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange veggies, as well as legumes
- Fat-free or 1% milk (flavored milk must be fat-free); and
- More whole grains and less sodium

**This year, all meals provided by AUSD will be offered FREE of charge to all enrolled students regardless of eligibility. The U.S. Department of Agriculture extended Child Nutrition Program waivers allowing AUSD to offer all breakfasts and lunches FREE to all enrolled students through June 30, 2022.**

Although meals will be free of charge, families are still encouraged to apply for the Free/Reduced-Price Meal program. Qualifying for free and reduced price meals comes with many benefits including much needed funding for our schools as well as being eligible for:

- Discount on AT&T Internet Service (ACCESS)
- Reduced fees for the Preliminary Scholastic Aptitude Test (PSAT)
- Scholastic Aptitude Test (SAT) fee waivers
- Discounts on SAT prep classes
- American College Testing (ACT) waivers of basic registration fees
- Reduced fees for Advance Placement (AP) exams
- Free college applications

Please apply for Free and Reduced priced meals online at: [www.myschoolapps.com](http://www.myschoolapps.com)

Our amazing FANS staff work hard to provide your children with nutritious meals that they will enjoy. We are excited about the menu plans for this year and hope you will encourage your child to eat with us!

If you have any questions regarding our menu, or any other services we can provide, please do not hesitate to call us at 510-337-7079. To find out more about AUSD's healthy, tasty school meals, please visit: [www.alameda.k12.ca.us/foodservices](http://www.alameda.k12.ca.us/foodservices).

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